GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

How to avoid the 10 Most-Common Recipe Mistakes

Have you had a recipe fail lately? It may have been because you made one of 10 common cooking mistakes.

1. **Misunderstood cooking terms.** "Folding" is a gentle motion used when combining white sauce mixture into egg whites for a souffle, for example. "Beating" the two would cause the souffle to have low volume and thick texture. Check a cookbook for definitions of terms if you have doubts.

2. **Not preparing ingredients in advance.** Chop, cut and otherwise prepare and organize ingredients before you start to mix. For example, an egg custard can stick to the pan if you stop stirring to search for an ingredient from the cupboard.

3. **Inaccurate measuring techniques and equipment.** Standard measuring spoons and cups are different sizes than your tableware. A cake can fail because measurements were not standard and/or level.

4. **Substituting key ingredients.** Substitutions should rarely be made, especially by inexperienced cooks. Consult your cookbook for suitable substitutes if they are necessary.

5. **Changing pan sizes.** Using the wrong pan size can cause overbaking or underbaking of cakes or quick breads. Also food may run over or may not rise to the top of the pan.

6. **Adding ingredients in improper order or at unspecified times.** Milk in a caramel candy recipe can curdle if it is added too soon and too quickly.

A thin lemon pie filling can result from adding lemon juice before cooking rather than after.

7. **Incorrect oven temperature.** Too high temperatures result in cracked or peaked cakes or biscuits that aren't high. Too low temperatures result in cakes that have not risen properly or pale muffins. Proper oven temperatures always are critical in baking.

8. **Not checking for "doneness".** Oven and surface units vary, and food should be checked before the time suggested by a recipe, even when a time range is given.

9. **Unreliable recipes.** Recipes passed from one person to another often fail to explain a step or give exact measurements and so may result in a disappointing product.

10. **Not reading a recipe before cooking.** People often start cooking without reading the recipe all the way through, only to find they are missing a key ingredient or utensil. Read recipe, collect ingredients, then start cooking.

So take a look at your food preparation habits to see if you need to make changes in your techniques. With the high cost of ingredients, mistakes are too expensive for one to make if they can be avoided.

RECIPE OF THE WEEK
Pistachio Cake
1 box yellow cake mix
3 boxes pistachio instant pudding mix
4 eggs
1 cup cold water
¾ cup oil
Mix well and bake one hour at 350 degrees (I use a tube pan)
Icing:
1 6-oz pkg. chocolate chips
1 cup 10X sugar
¼ cup milk
5 tablespoons margarine
Mix and boil one minute. Cool slightly and cover cake.

TOPS News

Barbara Mayberry, Reporter

Before you can diet successfully, you must first have the will to lose weight. Then you should set a goal, and have the will power to achieve it. You must want to lose those excess pounds more than you want to eat. It's as easy, or as hard, as that.

At the September 22 meeting, Co-Leader Bobie Mullins presided. For the program, member Kathleen Garlick had prepared a poster, and for her lecture topic, she used "Funny Things That Hapened On My Way To Becoming Thin." Mrs. Garlick told entertaining annedotes that were not only funny, but to which the other TOPS members could relate, as they recalled incidents that had happened to themselves.

On Sept. 24, six of our members attended an area TOPS meeting that took place in Farmville. Those attending were Doris Nash, leader; Thelma Knight, weight recorder; Nancy Litchford, treasurer; Barbara Mayberry, reporter; and Calvin and Rachel McGahuey. The highlights of the trip were meeting members from other TOPS chapters, and meeting and hearing a lecture given by Norma Bryant, TOPS area supervisor.

If you would like any information concerning TOPS, call this number: 352-8510. Also, if you are considering joining TOPS, but are afraid that your name will be used in this column, just inform the leader, Doris Nash, or me and your desire for privacy will be respected. So, don't let this stop you from attending the meetings!

At the Sept. 29 meeting Doris Nash, leader, presided. Willie Reynolds then shared with the other TOPS members the reasons that led up to her decision to join TOPS. While Carolyn Chambers showed a series of exercises, Willie changed into a pants suit she wore to her first TOPS meeting. Willie has gone from a size 18 to size 8, "with the help of all my friends!"

In other club business, Willie Reynolds was elected to the office of Hospitality Lady and Lois Smith was elected Cheer Lady. Congratulations!

The next TOPS [**Take Off Pounds Sensibly**] meeting will take place on October 6, 1975, at the **Plaza Farmer's National Bank**, with weigh-in beginning at 6:30 p.m. Come join us!

Society News

IF YOU HAVE SOCIAL ITEMS,
PLEASE CALL 352-8215

FAMILY REUNION

The children of James Robert and Della Lucado Doss will have a family reunion at the Oakville Se'ool on Sunday October 5th. Picnic lunch will be served at 1:oo P.M.

Everyone interested please make plans to atend and bring a picnic lunch.

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Mr. and Mrs. Avery Honeycutt and Mr. and Mrs. Wayne Allgood and children, Betsy and Richard, all of Troutman, N.C., spent the week end with Mr. and Mrs. Rob Honeycutt.

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Mr. and Mrs. K. E. Coleman spent Friday and Saturday in Lexington where they visited their son and daughter-in-law, Mr. and Mrs. Ken Coleman.

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Mr. and Mrs. Tommy Lawson spent the week end in Lexington with Mr. and Mrs. Ken Coleman. They attended the V.M.I. - Davidson Homecoming football game.

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ANNOUNCE BIRTH

Mr. and Mrs. Leonard Eugene (Gene) Buchanan announce the birth of a son, James Carey, 8 lbs, 10 oz., born on Thurs., Sept. 25 at the Virginia Baptist Hospital.

Maternal grandparents are Mr. and Mrs. James W. Flewellen of Saluda, Va. Paternal grandparents are Mr. and Mrs. Charles R. Buchanan of Appomattox. The Buchanans are parents of another son, Charles Christopher, 4½ years old.

TOPS TIP Invite a dieting friend to lunch with you. It's not only fun preparing a low-calorie meal, but acts as a restraint to overeating. TOPS Thought: Nothing stretches slacks like snacks!

APPOMATTOX ELEMENTARY SCHOOL MENU

Mon., Oct. 6 - Barbecue on bun, green peas, french fries, orange juice, milk.

Tues., Oct. 7 - Pig-in-Blanket, Cole Slaw, Cheese wedges, lima beans, fruit cup, milk.

Wed., Oct. 8 - Pizza W/Cheese, tossed salad, potato chips, pear halves, milk.

Thurs., Oct. 9 - Bologna & Cheese, sandwiches, blackeye peas, baked tomatoes, purple plums, milk.

Fri., Oct. 10 - (Railroad Day) - Cannonball Chilibeans, Roundhouse Rolls, W/Butter, Conductor's Cole Slaw, Hobo Peach Cobbler, Tank Car Milk.

Guests in the home of Mrs. Willie Almond over the week-end were her grandson, Billy Almond of Hampden Sydney College, and Mr. & Mrs. W. C. Cyrus and La Donna of Virginia Beach, Virginia.

On Saturday, Mrs. Almond, Billy, Mr. and Mrs. Cyrus, La Donna and Mrs. Nettie McCormick went to Rustburg to a Brunswick Stew at the home of Mrs. Gene Lee.

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Byron Babcock and Margaret Redfern of Virginia Beach, were recent guests of Mrs. A. A. Babcock.

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ENTERTAINED AT BON VOYAGE LUNCHEON

Mrs. Jessie Carwile and Mrs. H. B. Martin, shown above, left on Monday for Paris, France.

They were entertained with a Bon Voyage luncheon at the Parkway Restaurant on Tuesday of last week by Mrs. Rachel Lawson, Mrs. Mercedes Drinkard, Mrs. Eva Jamerson, and Mrs. Mary Pattyjohn.

Revival Set At Providence

Providence Baptist Church in Red House will have its Fall Revival beginning October 5 and continuing through October 10. The guest evangelist will be Rev. J. J. Bowman, a former interim pastor.

Since his retirement from College Hill Baptist Church in Lynchburg, the Rev. Bowman has served several churches in our area as interim pastor and has come to be loved and respected by many people.

Services will begin each night at 7:30 p.m. and there will be special music each evening with such groups as B. B. Hubbard and Joe Vaughan, George Cheatham and his Quartet, Mrs. Betty Rhodenizer, The Virginia Echoes, and the Providence Baptist Church Trio.

The public is cordially invited to attend.

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...d-Banton Wedding

...branched candela-...ghted tapers and ...arrangements of ...al, white mums ...oms decorated ...Christian Church, ...rsky, August 30 ...ge of Miss Ann ...ed and Phillip ...n.

...ring vows were ...n by the Rev. O. ...program of nuptial ...cluding "The ...e", "The Wedding ...for All We Know" ...by Mrs. Richard ...of the bride, ...Helen Snedegar, ...ss Julie Dollar,

...the daughter of ...John E. Reed of ...Garland W. ...Erwin Road, ...sky.

...arriage by her ...e wore a gown ...eau and Venice ...e fitted bodice ...with a modified ...kline outlined ...ed sleeves. The ...which extended ...l train, was ...a deep flounce at ...a lace Camelot ...ured her chapel ...silk illusion and ...cascade bouquet ...tions, pom-poms, ...and baby's breath.

...Cochran of ...Va. was the ...in a princess ...powder blue and ...pom-poms, trim-...ming picture hat.

...Pennington of ...W. Va. was ...in a gown and hat ...ses of the honor ...They carried nose ...of white and blue ...baby's breath.

...son served his ...best man and the ...Michael Reed. ...man. Ushers were ...ardy and Curtis

...cousins, Miss Jill ...Reed, were ...and ring bearer. ...e a gown of blue

...y was followed ...in the fellowship ...hurch. Assisting ...Allman, cousin ...Miss Delores ...d Mrs. Roger ...were registered ...Allman, also the

...e table was ...white lace cloth ...with a three-tier-...ed with blue and

...mother received ...a mint green ...and the bride-...e wore an apricot ...polyester chiffon ...ere white orchid

...the wedding from ...out-of-town were Mr. and Mrs. Richard Reed, Jill and Jack, of Galveston, Ind., Mrs. James Blair, Mr. and Mrs. Loyal Osborn, Mrs. Jeanette Barton, Mr. and Mrs. William Reed, Mrs. Alice Allman of Peru, Ind., George Shirley of Ridgewood, N.J., Mrs. Robert Rudnick of Succasunna, N.J., Mrs. William Trush of Kalamazoo, Mich., Steve Kraft and Miss Kathleen Morrisey of Buffalo, N.Y., Miss Kikki Rothwell, Lemuel Waite and Mr. and Mrs. Phillip Haines of Lexington, Ky.

The bride is a graduate of Russell High School and Ashland Community College.

Mr. Banton, a graduate of West Seneca High School, Buffalo, N.Y., attended Lehigh University, Bethlehem, Pa., and is attending the University of Kentucky, College of Engineering.

Mr. and Mrs. Banton are residing in Lexington, Ky. Mr. Banton is the grandson of Mrs. C. R. Banton, Rt. 2, Appomattox.

ANNOUNCE BIRTH

Mr. and Mrs. Harry Mott of London, 'Ontario, Canada proudly announce the birth of a eight pound, eight and one-half ounce daughter, Jennifer Courtney, born Thursday, September 25 at Victoria Hospital in London.

Maternal grandparents are Mrs. Frances H. Paulette and the late Bruce H. Paulette, Sr. of Appomattox and paternal grandparents are Mr. and Mrs. Leonard Mott of Kingston, Ontario Canada.

Mrs. Mott is the former Chris Paulette of Appomattox.

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Wed In Afternoon Ceremony

The marriage of Mary Catherine Haug of Berkeley, California, to Arthur Robinson Boone of Providence, R.I., took place at 2 p.m. Saturday, September 20 in Bruton Parish Church in Williamsburg.

The bride is the daughter of Mrs. Adolph Haug of Norfolk and the late Mr. Haug. Mrs. Haug is the former Isabelle O'Brien of Appomattox. The bridegroom is the son of Frank F. Boone of Naples, Florida, and the late Mrs. Boone.

The Rev. Almus M. Thorp, Jr., Rector of St. Francis' Church, Potomac, Maryland, officiated, assisted by the Rev. Cotesworth Pinckney Lewis, Rector of Bruton Parish. The Rev. Peter LaValley Spencer, Rector of St. Paul's Church, Wickford, R. I., preached the sermon.

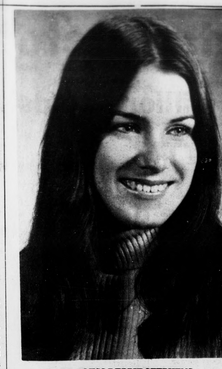
The brother of the bride, William Adolph Haug, of Baton Rouge, La., greeted guests as they entered the church. Also assisting at the door and offering each guest a flower were the bride's nephews, Wiliam A. Haug, r. and John Walker Haug of Baton Rouge, La. and the groom's daughter, Elizabeth P. G. Boone of Portland, Maine.

The procession into the church involved Cecilia Laurie Benz of Berkeley, Cal., Linda Bell Carter of Richmond, Gayle Ferebee Donovan of Norfolk, Jane Hutton Grantham of Pleasantville, N.Y., Margaret Catlettie Savedge of Williamsburg, Sallie Daniel Stanger of Willington, Conn., Ellen Jones Tompkins of Neport News, Jane Forster Wacaster of Hattiesburg, Miss., Mrs. Adolph Haug, William A. Haug, Frank F. Boone, Elizabeth P. G. Boone, William A. Haug, Jr., John Walker Haug. Mr. and Mrs. Frank Darling, groom's sister and her husband.

Appomattox guests attending the wedding were Mr. and Mrs. William D. O'Brien, Mr. and Mrs. Robert Morris, Mrs. Mildred O. Alvis, Misses Edith and Claudine O'Brien, and Mrs. Maruice McGill.

A reception following the ceremony was held in the Parish House of the church. Relatives and friends of the bride assisted in serving.

For their wedding trip Mr. and Mrs. Boone drove via the southern route acgoss the United States to reside in Berkeley, California.



MISS DEBBIE STEPHENS

Announce Engagement

Mr. and Mrs. Dewey Stephens have announced the engagement of their daughter, Debbie, to Clyde William Ridge, Jr. He is the son of Mr. and Mrs. Clyde Ridge of Premont.

The wedding will take place October 17, 1975.

Miss Stephens is the granddaughter of Mr. and Mrs. Oscar McCormick of Gladstone.

MISS DALE ELIZABETH GOIN

Engagement Is Announced

Mr. and Mrs. Bill Goin of Appomattox, have annunced the engagement of their daughter, Dale Elizabeth, to Mr. Michael Lee Musick, son of Mr. and Mrs. H. A. Musick, also of Appomattox.

The wedding will be an event of February 6, 1975.

Luncheon-Shower Honors Bride-Elect

Miss Debbie K. Caldwell was honored Saturday, the 27th of September with a luncheon and bridal shower given by Mrs. Clifford Harvey at her home.

Guests attending included Mrs. David R. Caldwell, mother of the bride; Mrs. Edith Williams, mother of the groom; Mrs. W. D. Torrence of Lynchburg, and Mrs. Kathleen Caldwell, grandmothers of the bride, and friends and relatives of the honoree.

The marriage of Miss Caldwell to Mr. John T. "Plicky" Williams will take place Saturday evening, October 4, in the Appomattox Court House Presbyterian Church.

Shower Honors Bride-Elect

Mrs. Michael Torrence was hostess for a miscellaneous bridal shower given at her home, Wednesday, September 24, in honor of Miss Deborah Kay Caldwell whose marriage to John T. "Plicky" Williams will take place the evening of October 4.

Attending the shower were Mrs. David R. Caldwell, mother of the bride; Mrs. Edith Williams, mother of the bridegroom; Mrs. Kathleen Caldwell, grandmother of the bride; and friends and relatives of the honoree.

When a person donates a pint of blood, the body reproduces the fluid loss in about 24 hours.

Shower Honors Miss Caldwell

Miss Debbie K. Caldwell was honored on Saturday, September 13, with a tupperware shower given by Mrs. Dennis Drinkard and Mrs. Robert Williams at the Drinkard home.

Guests included Mrs. David R. Caldwell and Mrs. Edith Williams, mothers of the bride and bridegroom, and a group of friends and relatives.

It Pays To Advertise In The Times-Virginian

Cocktail Buffet Honors Couple

Mr. and Mrs. Walter Carson and Mr. and Mrs. Joseph Cobb entertained at the Carson home honoring Miss Debbie Caldwell and her fiance, Mr. John T. "Plicky" Williams on Thursday evening the 18th of September.

Guests at the cocktail buffet included Mr. and Mrs. David R. Caldwell, parents of the bride; Mrs. Edith Williams, mother of the bridegroom; Mrs. Kathleen Caldwell, grandmother of the bride; and a group of friends and relatives.

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